

Seven-Day Menu Planner for Diabetics

Brought to you by Diabetes Care Club®

A complete 7-day guide to breakfast, lunch, dinner, and dessert with helpful menu planning tips, snack ideas, and nutritional analysis.



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Living with diabetes can be a very overwhelming challenge. While not always easy, daily blood glucose checks and taking daily medication or insulin shots are a few required diabetes skills that can be mastered. A skill that can often be frustrating and more challenging to master is deciding on what to eat to promote desired blood sugar control. These suggested menu ideas provide easy-to-prepare, fairly inexpensive, REAL food for people who like REAL food. To eat healthy with diabetes does not mean you have to eliminate your favorite dessert or recipe, but instead have these foods in balance and in moderation. You will be more successful if you consider it a new lifestyle rather than a diet to go on and off.

I am a registered dietitian working in Nashville, TN as well as a devoted wife and mother to our son. I credit my own Mom for influencing my desire to become a dietitian. I grew up helping her in the kitchen and watched how food made it from the garden to the table. I also learned that all of the hard work of harvesting, canning, freezing and preparing healthy food every night meant that putting healthy things in my body was important. I love that I have made a career out of this lesson and want to pass it on to my own family and others around me.

Martha Upchurch

Registered Dietitian, Certified Diabetes Educator

Your 7-Day Menu at a Glance

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Strawberry smoothie	Oatmeal with apples and raisins turkey bacon	Cinnamon toast 6oz light yogurt	Breakfast burrito 1 apple slice	2 slices cinnamon bread scrambled egg whites tangerine	1 frozen whole wheat waffle SF syrup with light margarine sausage pattie strawberries	2 slices whole wheat toast ½ cup Egg Beaters™ 15 grapes 1 tbsp low fat margarine
AM Snack	Vanilla wafers	1 large rectangle graham cracker ½ cup watermelon	12 mini cheddar cheese flavored rice cakes	1 chewy granola bar	1 cup oat Os type cereal	12 reduced fat wheat thin crackers	5 round butter crackers 1 tbsp PB
Lunch	Bleu salad baked potato	Turkey sandwich with swiss cheese, lettuce/tomato 11 baked chips	Grilled cheese tomato soup 10 grapes	Chicken salad in cucumber boat ½ cup mandarin oranges 1 reduced fat crescent roll	Grilled hamburger with lettuce and tomato watermelon	Broccoli salad lemon pepper chicken tenders 1 medium pear	Strawberry salmon salad WW roll
PM Snack	45 goldfish crackers	½ c unsweetened applesauce	½ banana	6 oz light yogurt	½ cup fat-free cottage cheese 1 peach, sliced	½ cinnamon raisin english muffin	3 cups low fat microwave popcorn
Dinner	Stuffed green peppers hot pineapple casserole	White chicken chili cornbread muffin baby carrots and celery sticks	Pork chop baked sweet potato with brown sugar and cinnamon steamed broccoli	Whole wheat spaghetti caesar salad	Teriyaki chicken with pineapple roasted asparagus brown rice	Taco soup cucumber and onion vinegar salad	Chicken pot pie 1 cup sliced apples 1 cup skim milk
Dessert	100-calorie pack cookies	½ cup sugar-free chocolate pudding	Angel food cake strawberries fat-free whipped topping	½ cup ice cream	1 fun-size bag peanut M&M's®	Oatmeal crème pie	Congeaed fruit salad

Menu Day 1



Breakfast: strawberry smoothie

- 8 strawberries
- ½ cup skim milk
- ½ cup light yogurt
- 6 ice cubes, crushed

Wash strawberries and cut green stems off. Place all ingredients in blender and blend until smooth and creamy.



Money saver: Fresh fruit can be expensive if out of season. Use frozen fruit to enjoy smoothies all year long. Any kind of fruit works great in this recipe. This is also a great source of calcium.

CALORIES 143; FAT 0.7g; SAT FAT 0.2g; CARBOHYDRATE 26g; SODIUM 123mg; CHOLESTEROL 5mg; FIBER 1.9g; PROTEIN 8g. Carbohydrate Exchanges: 1.5

Snack: 6 vanilla wafers

CALORIES 105; FAT 3.7g; SAT FAT 0.9g; CARBOHYDRATE 16.5g; SODIUM 90mg; CHOLESTEROL 0mg; FIBER 0.3g; PROTEIN 0.7g. Carbohydrate Exchanges: 1

Lunch: bleu salad and baked potato with 1 tbsp light margarine, dash of pepper

Bleu salad

- 2 cups romaine lettuce, shredded
- ¼ cup tomatoes, chopped
- 2 tbsp turkey bacon pieces
- 2 tbsp light bleu cheese dressing



Grocery shopping tip: Potatoes come in all shapes and sizes. Try to choose about the size of a computer mouse for a more appropriate serving size.

CALORIES 338; FAT 16.5g; SAT FAT 2.5g; CARBOHYDRATE 34g; SODIUM 711mg; CHOLESTEROL 20mg; FIBER 6g; PROTEIN 10g. Carbohydrate Exchanges: 2

Snack: 45 whole grain fish type crackers

CALORIES 114; FAT 4g; SAT FAT 1g; CARBOHYDRATE 15g; SODIUM 204mg; CHOLESTEROL 204mg; FIBER 1.6g; PROTEIN 3g. Carbohydrate Exchanges: 1

Dinner: stuffed green peppers and hot pineapple casserole

Stuffed green peppers

- 6 large green peppers
- 5 cups boiling water
- 1 lb 95% lean ground beef
- 2 tbsp onion, chopped
- 1 tsp salt
- ⅛ tsp garlic salt
- 1 cup cooked rice
- 2 cups spaghetti sauce



Preheat oven to 350 degrees. Slice off top of green pepper and clean inside. Wash and put into boiling water for 5 minutes and then drain. Cook beef and onion until onion is tender. Drain off fat. Stir in salt, garlic salt, rice, and 1 cup spaghetti sauce. Lightly stuff peppers with ½ cup of beef mixture. Stand upright in ungreased baking dish. Pour remaining spaghetti sauce over the peppers. Cover and bake 45 minutes. Serves 6, serving size 1 pepper.

Hot pineapple casserole

- 1 large can chunk pineapple
- ⅓ cup sugar
- 2 tbsp flour
- ½ cup grated cheese
- 18 whole wheat round type crackers, crushed
- ½ stick light margarine, melted

Preheat oven to 350 degrees. Spray baking dish with non-stick spray. Drain pineapple and place in baking dish. Combine sugar and flour and pour over pineapple. Sprinkle with cheese and crushed crackers. Drizzle with melted margarine. Bake 25 minutes or until bubbly. Serves 5, serving size ½ cup.

CALORIES 517; FAT 17g; SAT FAT 6g; CARBOHYDRATE 63g; SODIUM 1036mg; CHOLESTEROL 69mg; FIBER 6g; PROTEIN 28g. Carbohydrate Exchanges: 4

Dessert: 100 calorie pack cookies

CALORIES 100; FAT 3g; SAT FAT 1g; CARBOHYDRATE 18g; SODIUM 140mg; CHOLESTEROL 0mg; FIBER 1g; PROTEIN 1g. Carbohydrate Exchanges: 1

For the entire day, this menu provides

Calories 1317; Fat 45g; Saturated Fat 11.6g; Carbohydrate 172.5g; Sodium 2304mg; Cholesterol 98mg; Fiber 16.8g; Protein 50.7g. Carbohydrate Exchanges: 10.5

Menu Day 2

Breakfast: oatmeal with fruit and 2 slices turkey bacon



Oatmeal

- ½ cup old fashioned oats
- ½ tsp sucralose brown sugar mixture
- ¼ tsp cinnamon
- ½ cup apples, diced
- 1 tbsp raisins

Cook oats according to package directions. Sprinkle with ½ tsp sucralose brown sugar and ¼ tsp cinnamon. Add ½ c diced apples and 1 tbsp raisins.

CALORIES 208; FAT 6g; SAT FAT 2g; CARBOHYDRATE 30g; SODIUM 364mg; CHOLESTEROL 20mg; FIBER 3g; PROTEIN 9g. Carbohydrate Exchanges: 2

Snack: 1 large graham cracker and ½ cup watermelon, diced

CALORIES 82; FAT 1.6g; SAT FAT 0.2g; CARBOHYDRATE 16.6g; SODIUM 86mg; CHOLESTEROL 0mg; FIBER 0.7g; PROTEIN 1.5g. Carbohydrate Exchanges: 1

Lunch: deli turkey sandwich and chips



Deli turkey sandwich

- 2 oz deli turkey
 - 2 slices whole wheat bread
 - 1oz swiss cheese slice
 - Lettuce leaf
 - Tomato slice
 - Mustard
- 11 baked chips

CALORIES 400; FAT 12.3g; SAT FAT 5g; CARBOHYDRATE 47g; SODIUM 806mg; CHOLESTEROL 46mg; FIBER 6.3g; PROTEIN 30.7g. Carbohydrate Exchanges: 3

Snack: ½ cup unsweetened applesauce

CALORIES 52; FAT 0g; SAT FAT 0g; CARBOHYDRATE 14g; SODIUM 2mg; CHOLESTEROL 0mg; FIBER 1.5g; PROTEIN 0.2g. Carbohydrate Exchanges: 1

Dinner: white chicken chili, cornbread muffin, baby carrots and celery sticks



White chicken chili

- 1 glass jar white beans, undrained
- 3 cups cooked chicken breast, diced
- ½ envelope low sodium taco seasoning mix
- 1 can Campbell's Healthy Request® cream of chicken soup
- 2 cans Rotel tomatoes
- 1 can water

Combine all ingredients in large soup pot and bring to a boil. Serves 10, serving size 1 cup.



Money and time saver tip: Freeze leftovers for quick home-cooked meal.

CALORIES 344; FAT 8g; SAT FAT 3.6g; CARBOHYDRATE 48g; SODIUM 936mg; CHOLESTEROL 82mg; FIBER 7.6g; PROTEIN 21.4g. Carbohydrate Exchanges: 3



Dessert: ½ cup sugar free chocolate pudding

CALORIES 60; FAT 1.5g; SAT FAT 1g; CARBOHYDRATE 14g; SODIUM 180mg; CHOLESTEROL 0mg; FIBER 1g; PROTEIN 2g. Carbohydrate Exchanges: 1

For the entire day, this menu provides

Calories 1150; Fat 1.5g; Saturated Fat 3.6g; Carbohydrate 169.3g; Sodium 2374mg; Cholesterol 148mg; Fiber 20.1g; Protein 64.6g. Carbohydrate Exchanges: 11

Menu Day 3



Breakfast: cinnamon toast and yogurt

2 pieces toast sprinkled with cinnamon sucralose mixture
2 tsp light margarine
4oz light yogurt

CALORIES 240; FAT 5.3g; SAT FAT 0.7g; CARBOHYDRATE 39g; SODIUM 380mg; CHOLESTEROL 3mg; FIBER 4g; PROTEIN 11g. Carbohydrate Exchanges: 2.5

Snack: 12 mini cheddar cheese flavored rice cakes

CALORIES 93; FAT 4g; SAT FAT 0g; CARBOHYDRATE 15g; SODIUM 306mg; CHOLESTEROL 0mg; FIBER 0g; PROTEIN 1.3g. Carbohydrate Exchanges: 1



Lunch: whole wheat grilled cheese, tomato soup, and grapes

Grilled cheese on whole wheat bread
1 cup reduced-sodium tomato soup
10 grapes

CALORIES 389; FAT 13g; SAT FAT 6g; CARBOHYDRATE 52g; SODIUM 494mg; CHOLESTEROL 29mg; FIBER 5g; PROTEIN 15.5g. Carbohydrate Exchanges: 4

Snack: 1 small banana or half of large

Grocery shopping tip: Bananas are a wonderful fruit but can be very high in carbohydrates. Try to choose the smaller bananas of the bunch.

CALORIES 61; FAT 0.2g; SAT FAT 0.1g; CARBOHYDRATE 15g; SODIUM 1mg; CHOLESTEROL 0mg; FIBER 2g; PROTEIN 0.7g. Carbohydrate Exchanges: 1

Dinner: grilled pork chop, sweet potatoes, and broccoli

3 oz grilled pork chop
1- 5oz baked sweet potato
½ cup steamed broccoli

Season pork chop with a dash of salt and pepper. Grill or broil for 6-8 minutes on both sides or until juices run clear. Prepare sweet potato with 1 tsp brown sugar and dash of cinnamon.

Grocery shopping tip: Try to always have frozen broccoli florets in the freezer for a quick low-carbohydrate green vegetable.

CALORIES 370; FAT 12g; SAT FAT 4g; CARBOHYDRATE 37.5g; SODIUM 288mg; CHOLESTEROL 70mg; FIBER 7.3g; PROTEIN 29g. Carbohydrate Exchanges: 2.5



Dessert: angel food cake

- Angel food cake, 1/12 of 10" diameter
- 4 Strawberries, sliced
- 2 tbsp fat-free whipped topping

Grocery shopping tip: Purchasing the angel food cake at the grocery bakery makes this recipe an easy fix.

CALORIES 159; FAT 0.3g; SAT FAT 0g; CARBOHYDRATE 36g; SODIUM 260mg; CHOLESTEROL 0mg; FIBER 1.1g; PROTEIN 3.4g. Carbohydrate Exchanges: 2

For the entire day, this menu provides Calories 1312; Fat 34.5g; Saturated Fat 10.8g; Carbohydrate 198.5g; Sodium 1729mg; Cholesterol 102mg; Fiber 19.4g; Protein 60.9g. Carbohydrate Exchanges: 13

Menu Day 4

Breakfast: breakfast burrito & 1 tennis-ball-sized apple, sliced

Breakfast Burrito

- 1 10" whole wheat flour tortilla
- 2 egg whites, scrambled
- 2 tbsp shredded cheese
- 1 tbsp turkey bacon pieces

Separate egg yolks from egg whites and scramble in skillet sprayed with non stick cooking spray. Add turkey bacon pieces while scrambling eggs. Heat tortilla in microwave for 10 seconds. Fill tortilla with egg and sprinkle with cheese. Serve warm.

 *Heart Healthy tip: The egg yolk contains most of the sodium, cholesterol, and fat in the egg.*

CALORIES 361; FAT 11g; SAT FAT 3g; CARBOHYDRATE 48g; SODIUM 734mg; CHOLESTEROL 25mg; FIBER 6.5g; PROTEIN 16.3g. Carbohydrate Exchanges: 3

Snack: 1 chewy granola bar

CALORIES 100; FAT 3g; SAT FAT 1.5g; CARBOHYDRATE 18g; SODIUM 75mg; CHOLESTEROL 0mg; FIBER 1g; PROTEIN 1g. Carbohydrate Exchanges: 1

Lunch: chicken salad in cucumber boat

½ cup mandarin oranges in light syrup and 1 reduced fat crescent roll

Chicken salad in cucumber boat

- 2 cups cooked chicken, shredded
- 2 celery stalks, chopped
- 1/3 cup light mayo
- 1 tbsp dill weed
- 1 large cucumber

Combine shredded, cooked chicken with ingredients and mix well. Wash and peel cucumber and slice in half creating two long halves. Using a spoon, carve out seeds to create a cucumber boat. Fill each cucumber with chicken salad. Serves 4, serving size ¾ cup salad.

CALORIES 364; FAT 13g; SAT FAT 3g; CARBOHYDRATE 36g; SODIUM 463mg; CHOLESTEROL 67mg; FIBER 2.3g; PROTEIN 25g. Carbohydrate Exchanges: 2.5

Snack: 6 oz light yogurt

CALORIES 80; FAT 0g; SAT FAT 0g; CARBOHYDRATE 16g; SODIUM 75mg; CHOLESTEROL 5mg; FIBER 0g; PROTEIN 5g. Carbohydrate Exchanges: 1



Dinner: spaghetti and caesar salad

1 cup cooked whole wheat spaghetti
¼ cup marinara sauce
Caesar Salad

Caesar salad

- 2 cups Romaine lettuce, shredded
- 1 tbsp parmesan cheese, shredded
- 2 tbsp light Caesar dressing

CALORIES 388; FAT 15g; SAT FAT 4.8g; CARBOHYDRATE 52g; SODIUM 888mg; CHOLESTEROL 20mg; FIBER 6.3g; PROTEIN 17g. Carbohydrate Exchanges: 3.5

Dessert: ½ cup ice cream

CALORIES 130; FAT 7g; SAT FAT 4g; CARBOHYDRATE 14g; SODIUM 35mg; CHOLESTEROL 20mg; FIBER 0g; PROTEIN 3g. Carbohydrate Exchanges: 1

 *Grocery shopping tip: Do not be misled by sugar-free products. Just because the product is sugar-free, it does not mean it is carbohydrate-free. Often the carbohydrates are higher in sugar-free products.*

For the entire day, this menu provides

Calories 1423; Fat 49g; Saturated Fat 16.3g; Carbohydrate 184g; Sodium 2270mg; Cholesterol 137mg; Fiber 16.1g; Protein 67.6g. Carbohydrate Exchanges: 11.5

Menu Day 5



Breakfast: cinnamon bread, scrambled eggs, and a tangerine

2 slices cinnamon bread, 2 egg whites, scrambled, 1 tangerine

Cinnamon bread

- 2 cups bread flour
- 1 cup whole wheat flour
- 1 (5.1 ounce) package instant sugar-free vanilla pudding mix
- ½ tsp baking soda
- 1 ½ tsp baking powder
- ½ tsp salt
- 2 tsp ground cinnamon
- 1 ½ cups skim milk
- ½ cup canola oil
- ½ cup unsweetened applesauce
- 1 tsp vanilla
- 2 tbsp cinnamon sucralose blend

Preheat oven to 350 degrees. Spray 2 loaf pans with non-stick cooking spray. Sprinkle bottom of pans with cinnamon sucralose blend. In a large bowl, combine flours, sugar, pudding mix, baking soda, baking powder, salt, and cinnamon. In a separate bowl, combine the milk, oil, applesauce, eggs, and vanilla. Stir milk mixture into dry mixture until smooth. Divide the batter and pour evenly into the 2 pans. Sprinkle tops of batter with remaining cinnamon sucralose blend. Bake 1 hour or until a toothpick inserted in the center comes out clean. Makes 24 servings. *Money saver: The bread recipe makes 2 loaves so freeze one for another time. You can always save a few cents by buying the store or generic brand pudding mix and applesauce.*

CALORIES 310; FAT 10g; SAT FAT 2.1g; CARBOHYDRATE 42g; SODIUM 521mg; CHOLESTEROL 0.5mg; FIBER 3.5g; PROTEIN 14g. Carbohydrate Exchanges: 2.5

Snack: 1 cup oat Os type cereal

CALORIES 100; FAT 2g; SAT FAT 0g; CARBOHYDRATE 20g; SODIUM 190mg; CHOLESTEROL 0mg; FIBER 3g; PROTEIN 3g. Carbohydrate Exchanges: 1

 *Money saver: Buy the generic brand cereal to save a few pennies.*



Lunch: hamburger and 1 cup of watermelon

2 oz hamburger, whole wheat bun, leaf lettuce, 1 slice tomato
1 cup watermelon



Heart Healthy tip: Buy lean ground beef that is at least 90-92% lean.

CALORIES 330; FAT 8g; SAT FAT 3g; CARBOHYDRATE 50g; SODIUM 429mg; CHOLESTEROL 30mg; FIBER 4g; PROTEIN 18.6g. Carbohydrate Exchanges: 3

Snack: 1/3 cup fat-free cottage cheese and 1 peach, sliced

CALORIES 78; FAT 0g; SAT FAT 0g; CARBOHYDRATE 12g; SODIUM 267mg; CHOLESTEROL 3mg; FIBER 1.2g; PROTEIN 8g. Carbohydrate Exchanges: 1

Dinner: Grilled teriyaki chicken with pineapple, roasted asparagus, brown rice

For Chicken: In a resealable plastic bag, marinate 3 oz skinless boneless chicken breast in 1 tbsp teriyaki sauce for 1 hour. Grill on high heat and grill for 6-8 minutes on each side or until juices run clear when pierced with a fork. Grill pineapple ring on both sides until warmed through. Serves 1.

For Asparagus: Wash 20 spears of fresh asparagus. Hold spear on both end and bend to break edible portion from inedible portion. Place in baking dish and coat with 2 tbsp olive oil. Sprinkle with 1/8 tsp salt and ¼ tsp black pepper. Roast at 400 degrees for 12-15 minutes. Also could be cooked on the grill. Serves 4, serving size 5 spears.

For Rice: Use 90-second brown rice in microwave pouch. Serves 2.5, serving size ¾ cup.



Heart Health tip: Olive oil is a wonderful source of heart healthy monounsaturated fat but if it is too expensive, use canola oil which is also monounsaturated fat.

CALORIES 363; FAT 8.6g; SAT FAT 1.1g; CARBOHYDRATE 46g; SODIUM 939mg; CHOLESTEROL 49mg; FIBER 4.3g; PROTEIN 26g. Carbohydrate Exchanges: 4

Dessert: 1 fun size bag peanut M&M's

CALORIES 90; FAT 4.5g; SAT FAT 1.7g; CARBOHYDRATE 11g; SODIUM 10mg; CHOLESTEROL 2.5mg; FIBER 0.5g; PROTEIN 3g. Carbohydrate Exchanges: 1

For the entire day, this menu provides Calories 1271; Fat 33g; Saturated Fat 7.9g; Carbohydrate 181g; Sodium 2356mg; Cholesterol 85mg; Fiber 16.5g; Protein 69.6g. Carbohydrate Exchanges: 11.5

Menu Day 6



Breakfast: waffle, sausage pattie, and strawberries

1 frozen whole wheat waffle, 2 tbsp SF syrup, 1 sausage pattie, 2 tsp light margarine, and 1 cup strawberries, sliced

CALORIES 294; FAT 17g; SAT FAT 4.9g; CARBOHYDRATE 33.5g; SODIUM 605mg; CHOLESTEROL 25mg; FIBER 4.5g; PROTEIN 8.5g. Carbohydrate Exchanges: 2

Snack: 12 reduced fat wheat thin crackers

CALORIES 97.5; FAT 2.6g; SAT FAT 0.3g; CARBOHYDRATE 16.5g; SODIUM 172.5mg; CHOLESTEROL 0mg; FIBER 1.5g; PROTEIN 1.5g. Carbohydrate Exchanges: 1

Lunch: lemon pepper grilled chicken tenderloins, broccoli salad, and medium, sliced pear

Broccoli salad

- 1 bunch broccoli, finely chopped
- 1 bunch cauliflower, finely chopped
- 1 cup shredded 2% cheese
- ¼ cup crumbled turkey bacon pieces
- ½ cup red onion, chopped
- 1 cup fat-free salad dressing
- ½ cup sugar
- 3 tbsp white vinegar

Finely chop broccoli and cauliflower. Add cheese, turkey bacon, and red onion. In a separate bowl, combine salad dressing, sugar, and white vinegar and pour over mixture stirring until well mixed. Refrigerate. Serves 10, serving size ½ cup.

This broccoli salad is a great recipe to prepare for a church pot luck, cookout or family reunion.

For Chicken: season 3 boneless, skinless chicken tenders with 1/8 tsp lemon pepper and grill 4-5 minutes on each side or until juices run clear. Can also bake chicken or cook in skillet sprayed with non-stick cooking spray.

CALORIES 296; FAT 4g; SAT FAT 1.4g; CARBOHYDRATE 49g; SODIUM 509mg; CHOLESTEROL 65mg; FIBER 8g; PROTEIN 24g. Carbohydrate Exchanges: 3

Snack: ½ cinnamon raisin english muffin

CALORIES 70; FAT 0.5g; SAT FAT 0g; CARBOHYDRATE 15g; SODIUM 85mg; CHOLESTEROL 0mg; FIBER 0.5g; PROTEIN 2g. Carbohydrate Exchanges: 1

Dinner: taco soup, cucumber and onion salad

Taco soup

- 1 lb 95% lean ground beef
- 1 16 oz can black beans
- 1 can Rotel® tomatoes
- 1 16 oz can no-salt-added stewed tomatoes
- 1 large can kernel corn
- 1 can water
- 1 low sodium taco seasoning packet
- 1 ranch dressing mix packet

Brown meat in skillet and drain. Add meat and all cans undrained to soup pot. Combine with taco seasoning and ranch dressing mix and bring to a boil. Serves 12, serving size 1 cup.



Money saver: This recipe freezes wonderfully. Freeze half for another time.

Cucumber and onion salad

- 1 large cucumber, thinly sliced
- 1 onion, thinly sliced
- ½ cup white vinegar
- 1/3 c. water
- ¼ tsp salt
- Dash of pepper
- ¼ tsp celery seed

Slice cucumbers and onions into glass bowl. Mix remaining ingredients in small bowl and pour over cucumbers and onions. Cover and refrigerate 3 hours. Drain and serve. Serves 3-4.

CALORIES 198; FAT 3.4g; SAT FAT 1.3g; CARBOHYDRATE 24g; SODIUM 999mg; CHOLESTEROL 34.5mg; FIBER 11.4g; PROTEIN 16.3g. Carbohydrate Exchanges: 1.5

Dessert: oatmeal crème pie

CALORIES 170; FAT 7g; SAT FAT 2g; CARBOHYDRATE 26g; SODIUM 190mg; CHOLESTEROL 0mg; FIBER 0.5g; PROTEIN 1g. Carbohydrate Exchanges: 1.5

For the entire day, this menu provides

Calories 1126; Fat 34.5g; Saturated Fat 9.9g; Carbohydrate 164g; Sodium 2560mg; Cholesterol 124.5mg;

Fiber 26.4g; Protein 53g. Carbohydrate Exchanges: 10

Menu Day 7

Breakfast: whole wheat toast, egg beaters, and grapes

2 slices whole wheat toast, ½ cup Egg Beaters™, 15 grapes, 1 tbsp low fat margarine

 **Grocery shopping tip:** Egg Beaters™ come in different varieties. Try Southwestern for an extra kick!

Money saver: Egg Beaters™ is the brand name. Grocery stores often have their own brand which is a few cents cheaper.

CALORIES 301; FAT 7g; SAT FAT 1g; CARBOHYDRATE 39g; SODIUM 586mg; CHOLESTEROL 0mg; FIBER 5g; PROTEIN 19g. Carbohydrate Exchanges: 3

Snack: 5 round butter crackers, 1 tbsp peanut butter

Grocery shopping tip: Have you ever tried natural peanut butter? Compare food ingredients of peanut butters and you will find natural peanut butter is made with just peanuts, oil, and salt with no added ingredients.

CALORIES 164; FAT 11g; SAT FAT 2g; CARBOHYDRATE 14g; SODIUM 193mg; CHOLESTEROL 0mg; FIBER 2g; PROTEIN 5g. Carbohydrate Exchanges: 1

Lunch: strawberry salmon salad

- 3 cups baby spinach or chopped romaine
- ½ cup sliced strawberries
- 2 tbsp chopped walnuts
- 2 oz salmon fillet
- 2 tbsp raspberry vinaigrette dressing
- 1 frozen whole wheat roll
- lemon pepper seasoning



Preheat oven to 350 degrees. Season salmon fillet with lemon pepper. Create and wrap salmon in an aluminum foil pouch and place on a cookie sheet. Bake for 20 minutes or until flakey. Combine salad ingredients and toss with dressing. Cook roll according to package directions.

 **Suggestions:** Substitute with ½ cup mandarin oranges and chopped chicken for a different flavor.

CALORIES 407; FAT 22g; SAT FAT 1.7g; CARBOHYDRATE 35.5g; SODIUM 281mg; CHOLESTEROL 35mg; FIBER 7.6g; PROTEIN 24g. Carbohydrate Exchanges: 2.5

Snack: 3 cups low fat microwave popcorn

 **Heart health tip:** Do you have an air pop popper? This is a great way to pop corn without adding salt.

CALORIES 75; FAT 3g; SAT FAT 0g; CARBOHYDRATE 12g; SODIUM 135mg; CHOLESTEROL 0mg; FIBER 1.5g; PROTEIN 1.5g. Carbohydrate Exchanges: 1

Dinner: chicken pot pie, 1 small apple and 1 cup of skim milk

- Chicken pot pie
- 1 frozen pie crust
 - 1 can reduced-fat cream of chicken soup
 - 1 15 oz can no salt added mixed vegetables
 - ¼ cup onion, chopped
 - ½ cup 2% shredded cheese
 - 1 cup cooked chicken



Combine pot pie ingredients in a bowl and mix well. Add mixture to a pie pan sprayed with non-stick cooking spray. Invert pie crust to cover pot pie mixture removing aluminum pan. Bake at 350 degrees for 1 hour. Serving size: 1/8 of a pie

Money saver: This is a great recipe for leftover turkey or other meats.
Time Saver: Make 2 and freeze one for later.

CALORIES 308; FAT 7.9g; SAT FAT 3.4g; CARBOHYDRATE 41g; SODIUM 443mg; CHOLESTEROL 27.5mg; FIBER 3.9g; PROTEIN 17.2g. Carbohydrate Exchanges: 3

Dessert: congealed fruit salad

- 1 8 oz can crushed pineapple
- 1 large box sugar-free cherry flavored gelatin
- 2 cups 1% fat buttermilk
- 12 oz fat-free whipped topping

Bring pineapple to a boil. Pour hot pineapple over gelatin and allow to cool for 10 minutes. Add buttermilk and let set to a pudding consistency. Fold in whipped topping and refrigerate. Serves 10.
Suggestions: Try different flavors of gelatin for variation. Add chopped pecans for a nice crunch.

CALORIES 92; FAT 0.5g; SAT FAT 0.3g; CARBOHYDRATE 17g; SODIUM 70mg; CHOLESTEROL 2mg; FIBER 0.2g; PROTEIN 2g. Carbohydrate Exchanges: 1

For the entire day, this menu provides Calories 1347; Fat 51.4g; Saturated Fat 8.4g; Carbohydrate 158.5g; Sodium 1708mg; Cholesterol 64.5mg; Fiber 20.2g; Protein 68.7g. Carbohydrate Exchanges: 11.5